

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 9-24-08)

Visit us at www.fns.usda.gov/fdd

A342 – APPLES, FRESH, SLICED, UNPEELED, 100/2.0 OZ POUCH

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Fresh sliced apples are U.S. No. 1 or better. Each ready-to-eat pouch contains unpeeled sliced apples that are washed, cored, and trimmed.
PACK/YIELD	<ul style="list-style-type: none"> 100/2 oz pouches per case. Each case weighs 12.5 lbs. One 2 oz pouch AP provides ½ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store fresh sliced apples in the refrigerator at 32 to 38 °F until ready to serve. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first. Use by the date shown on the package.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Apples may be consumed directly from the package without washing or other preparation.



Nutrition Information

Apples, raw, with skin

	2oz (56.7 g)
Calories	29
Protein	0.15 g
Carbohydrate	7.83 g
Dietary Fiber	1.4 g
Sugars	5.89 g
Total Fat	0.10 g
Trans Fat	0 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Iron	0.07 mg
Calcium	3 mg
Sodium	1 mg
Magnesium	3 mg
Potassium	61 mg
Vitamin A	0 RE
Vitamin A	31 IU
Vitamin A	2 RAE
Vitamin C	2.6 mg
Vitamin E	0.10 mg



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USES AND TIPS	<ul style="list-style-type: none">• Fresh sliced apples are ready-to-eat and may be served at breakfast, lunch, or as a snack.• The apples may be used in cold mixed fruit dishes or salads, or over hot or cold cereal, or served with yogurt dips.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Keep Refrigerated until ready to serve.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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